



## Helpful Hints

- Be well rested: This training activity consumes large amounts of energy, physically and mentally. Plan your days accordingly. It is recommended that you do not plan any other activities for this time period.
- Wear Layered Clothing: Refer to curriculum requirements.
- Over the ankle footwear: Must be at least one inch above the “ankle bone” on the inside of your ankle. Leather or similar sturdy material. No canvas.
- Bring lots of liquids: Water, Juice, Sport drinks. Coolers are permitted.
- Bring lunch & snacks: It is unlikely that you will have time to go out for lunch.
- Use sunblock: And lots of it. We ride on an open area of blacktop. Sun can cause a burn even on a cloudy day.
- Bring rain gear: We do ride in the rain. Motorcycle rain gear is best. Any type of rain gear is better than none. Bring a change of clothes if it looks like rain.
- Bring comfortable shoes and clothes for the classroom.

## BE ON TIME!

If you are late, you may not be allowed to join in the class.  
This is true for every day.